



Breakfast (450 calories)

Option 1:

- 1 cup of cooked steel-cut oatmeal
- 1/2 cup of mixed berries
- 1 tablespoon of chopped walnuts
- 1 teaspoon of honey
- 1 cup of unsweetened almond milk

Option 2:

- 2 slices of whole wheat toast
- 2 scrambled eggs
- 1 small avocado
- 1 medium tomato
- 1 small orange

Snack (150 calories)

Option 1:

- 1 small apple
- 1 tablespoon of almond butter
- 5 raw almonds

Option 2:

- 1 small banana
- 1/2 cup of low-fat Greek yogurt
- 1 teaspoon of honey

Lunch (600 calories)

Option 1:

- 2 slices of whole wheat bread
- 4 oz. of grilled chicken breast
- 1/4 avocado
- 1 slice of tomato
- 1 slice of red onion
- 1 tablespoon of mustard
- 1 small apple
- 1 small bag of baby carrots
- 1 small whole wheat dinner roll

Option 2:

- 2 cups of mixed greens
- 4 oz. of grilled salmon
- 1/4 cup of sliced avocado
- 1/4 cup of cherry tomatoes
- 2 tablespoons of balsamic vinaigrette
- 1 small whole wheat dinner roll
- 1 small orange

Snack (150 calories)

Option 1:

- 1 medium pear
- 1 oz. of cheddar cheese
- 5 whole grain crackers

Option 2:

- 1 small apple
- 1/2 cup of low-fat cottage cheese
- 1 teaspoon of honey

Dinner (850 calories)

Option 1:

- 8 oz. of baked salmon
- 1 cup of roasted sweet potatoes
- 1 cup of steamed green beans
- 1 small whole wheat dinner roll
- 1 small side salad with mixed greens, sliced cucumber, and cherry tomatoes
- 1 small apple
- 1 small square of dark chocolate (70% cacao)

Option 2:

- 8 oz. of grilled sirloin steak
- 1 cup of roasted brussels sprouts
- 1/2 cup of quinoa
- 1 small whole wheat dinner roll
- 1 small side salad with mixed greens, sliced cucumber, and cherry tomatoes
- 1 small orange
- 1 small square of dark chocolate (70% cacao)

Total Calories: 2200

It's important to note that everyone's nutritional needs are different, so this meal plan may need to be adjusted to fit your specific needs and preferences. Additionally, it's important to consult with a healthcare professional before making any significant changes to your diet.